

## **REGISTERED CLASSES: Summer 2013**

See the course catalog for a description of all of our classes, available on our website  
<http://www.sanfrancisco.va.gov/SANFRANCISCO/services/prrc.asp>

This quarter, the PRRC is excited to also offer an exclusive selection of classes that require registration prior to attendance. These classes either serve a specific group of clients or offer a curriculum that builds as the class progresses.

- Students need to register and commit to attending the class regularly.
- There are a couple of ways to register:
  - ✚ Contact the class facilitator directly if you know them.
  - ✚ Leave a voicemail on (415) 750-2226.
  - ✚ Attend Registration Day on July 1<sup>st</sup>, 2<sup>nd</sup> or 5<sup>th</sup>.
  - ✚ Attend the first day of the class.

### **Coping Through the Senses.** Tuesdays 9:00 – 9:45 am



Success oriented experiences that will help students develop skills that will enable them to tolerate distress. This class will help students learn to create a refuge from the stimulation of daily life.

### **Ending Self Stigma Seminar.** Thursdays 9:00 – 10:20am



The Ending Self Stigma Seminar was created for individuals who have taken the Ending Self Stigma class. The goal of this class is to support Veterans in taking the next step in overcoming internalized stigma. This class is largely student-driven so that the class topics are presented by students and facilitators and are of personal interest to students. Key topics include: stigma and stereotypes in society, disclosing to others/telling your story, and advocacy targeting stigma around mental illness.

### **Happiness Bootcamp.** Mondays 11:00-11:45am



Learn the techniques and experience the satisfaction of inner peace and joy! The science of happiness (a.k.a. Positive Psychology) now has specific ways for people to learn how to create a sustainable inner peace for themselves. We will be reviewing and practicing these techniques together. Benefits of positive emotions include: better health, achievement, resilience, a buffer against anxiety and depression – and just plain feeling good.

### **Man in Society.** Tuesdays 2:00-2:45pm



Men's Issues is a group for men exploring life from a deep sense of core values, committed to developing a fuller sense of purpose in life particularly in modern society.

### **Reading for Recovery.** Wednesdays 2:00 – 2:45 pm



This bibliotherapy class involves selected readings from the first-person recovery-oriented literature. Attendees will be asked to read and discuss selections from books and articles describing an individual's recovery stories. Some of the selections will be from the following: "I Never Promised You a Rose Garden," "The Center Cannot Hold," "An Unquiet Mind," "Free to Fly," and "Get Me Out of Here." Reading and discussing recovery oriented stories can often inspire hope and serve to point out that recovery is real and possible. Veterans will also have the opportunity to create their own recovery story using a variety of media.



**Schizophrenia Support Group. Thursdays 11:00 – 11:45 am**

This is a support group for people who hear or see things that are not there, or have fears about things that are not true. The group shares tips on coping with these experiences, and discusses other topics of mutual interest such as relationships with loved ones. Contact Dr. Jennifer Boyd (415-221-4810, ext. 3421) to enroll as a member.

***Contact Kate Kaplan at (415) 221-4810 x 6394 to do a brief screening and register.***



**The Self In Context. Thursdays 2:00 – 2:45 pm**

This group has a focus on interpersonal relationships with attention to basic interconnections and interconnectedness. We'll explore our thoughts and feelings and how they impact ourselves and others. While there will be a standard format, each week the topic will emerge from the group process and its ongoing experience. There will be considerable support for utilizing what's learned in the group in real world situations outside the group.